

swanson.com
or call 1-800-437-4148

- Promotes mental and emotional wellbeing**
- Supports liver health and function**
- A member of the B vitamin family

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one capsule per day with water.

WARNING: For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Inositol

Mental Wellness Support**

650 mg per capsule

VITAMIN SUPPLEMENT | 100 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Inositol 650 mg*

*Daily Value not established.

Other ingredients: Gelatin, rice flour, magnesium stearate.

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